

Paolo Emilio Adami



Nationalities: Italian, American

MEDICAL DOCTOR, SPORTS MEDICINE SPECIALIST

WORK EXPERIENCE

01/07/2015 →

Sports Medicine Specialist, Research and Clinical Fellow
Institute of Sports Medicine and Sciences of the Italian National Olympic Committee, CONI, Rome, ITALY.

Research in Sports Cardiology, Sudden Cardiac Death, Pre-participation Screening of Olympic and Paralympic athletes. Cardiopulmonary evaluation of athletes and exercise prescription in subjects with chronic cardiovascular diseases.

01/12/2014 – 30/06/2015

Sports Medicine Specialist, Head of the Sports Medicine Department

Al Attar for Physical Medicine, Rehabilitation and Sports Medicine, Doha, QATAR.

Cardiovascular assessment of athletes and general population. Exercise prescription to healthy individuals and subjects with chronic diseases, obesity and diabetes. Pre-participation screening of athletes. Promotion of healthy lifestyles and counseling.

01/09/2014 – 22/11/2014

Sports Medicine Specialist
Ospedale Pediatrico Bambino Gesù, Sports Medicine Department, Rome, ITALY.

Cardiovascular assessment of children and adolescent with heart conditions. Pre and post cardiac surgery functional evaluation. Exercise prescription to children and adolescents with chronic diseases, obesity and diabetes. Pre-participation screening of young athletes.

01/01/2014 →

Health Commission Member

Federazione Italiana Canottaggio (Italian Rowing Federation), Rome, Italy.

Medical assistance during national team trainings and national and international competitions.

- 01/04/2013 – 31/08/2014 **Research and Clinical Fellow**
Institute of Sports Medicine and Sciences of the Italian National Olympic Committee, CONI, Rome, ITALY.
Research in Sports Cardiology, Sudden Cardiac Death, Pre-participation Screening of Olympic and Paralympic athletes under the supervision of Prof. Antonio Pelliccia. Cardiopulmonary evaluation of athletes and exercise prescription in subjects with chronic cardiovascular diseases.
- 01/01/2013 – 31/03/2013 **Clinical Fellow**
CRY, Unit 7, Epsom Downs Metro Centre, Waterfield, Tadworth, Surrey, KT20 5LR, UK.
Pre-participation Screening for CRY (Cardiac Risk in the Young) Charity, UK.
- 01/10/2012 – 31/03/2013 **Honorary Research and Clinical Fellow**
Department of Cardiovascular Sciences, St. George's, University of London, London SW17 0RE, UK.
Research in Sports Cardiology, Inherited Cardiac Diseases, Sudden Cardiac Death, Exercise Capacity Assessment through cardiopulmonary testing under the supervision of Prof. Sanjay Sharma.
- 01/09/2009 – 30/06/2014 **Research Fellow**
Exercise Physiology Laboratory, Sports Medicine Specialisation School, Sapienza University of Rome, Rome, ITALY.
Research in exercise physiology, cardiovascular adaptations to exercise and physical activity, fitness assessment of disabled Paralympic athletes and subjects with chronic diseases. Exercise and physical activity prescription to patients with communicable and non communicable diseases. Development of specific training programs for athletes (i.e. sailors). Honorary lecturer to undergraduate students and to medical doctors specializing in cardiology, orthopedics and sports medicine. All activities conducted under the supervision of Prof. Marco Bernardi.
- 01/01/2005 – 30/09/2012 **Medical Doctor**
Med-Ex, Medicine & Exercise, Ferrari Racing Medical Partner, Via Veneto 165, Rome, ITALY.
Athletes' pre-participation screening, racing team functional evaluation and cardiological screening.
- 01/03/2011 – 30/09/2011 **Clinical and Research Fellow**
Villa Bianca, Trento, ITALY

Research and clinical work in the Sport Arrhythmology Department under the supervision of Prof. Francesco Furlanello. Arrhythmic assessment of patients and athletes with severe arrhythmic conditions.

EDUCATION AND TRAINING

2009 – 2014	Specialization in Sports Medicine Sports Medicine Specialization School, Sapienza Università di Roma, ITALY
Final Dissertation Title	“Unexpected high prevalence of cardiovascular abnormalities in Olympic athletes”.
Grade	Summa cum laude
12/09/2012	GMC License to practice as Medical Doctor, number
05/03/2009	Albo Professionale Medici – Chirurghi della Provincia di Roma (Rome Medical Doctors Register) license to practice as Medical Doctor,
2002 – 2008	Degree in Medicine and Surgery Medicine and Surgery Second Faculty, Sant’Andrea, Sapienza Università di Roma, ITALY
Final Dissertation Title	“Long term follow up study in elite athletes with severe bradyarrhythmias”
Grade	Summa cum laude
1997 – 2002	Classic study High School Diploma Liceo Statale Convitto Nazionale Vittorio Emanuele II, Piazza Monte Grappa 5, Roma, ITALY
Grade	87/100

POSITIONS IN INTERNATIONAL ORGANIZATIONS AND SCIENTIFIC SOCIETIES

01/01/2016	Fellow of the European Society of Cardiology <u>European Society of Cardiology (ESC)</u> www.escardio.org
09/2015	Children and Young People Health Working Group Chairman <u>HEPA EUROPE Network, World Health Organization (WHO) Europe</u> Promotion of physical activity to children and young people through tailored actions and projects across Europe. Coordination of the working group activities and organization of the aspects related to the working group topics at the annual Conference. Member of the network since 2007. http://www.euro.who.int/hepa

04/2015

ENGSO (European Non Governmental Sport Organization) Youth Committee Chairman

ENGSO Youth, c/o Olympic Committee of Serbia, Generala Vasica br 5, 11040 Beograd, SERBIA.

Chairman and facilitator of the Executive Committee. Advocating on topics related to European policy-making regarding youth and sport, health, social inclusion, active participation and fair play. Member ex officio of the ENGSO Executive Committee. Member of the organization and executive committee member since 2009.

www.youth-sport.net

02/2014

Sports Cardiology Nucleus Member

European Association for Cardiovascular Prevention and Rehabilitation (EACPR), branch of the European Society of Cardiology (ESC)

Publication of cardiac screening recommendations and implementation in collaboration with the National Cardiac Societies. Creation of a European recognised curriculum in sports cardiology.

[http://www.escardio.org/The-ESC/Communities/European-Association-for-Cardiovascular-Prevention-&-Rehabilitation-\(EACPR\)/European-Association-for-Cardiovascular-Prevention-Rehabilitation](http://www.escardio.org/The-ESC/Communities/European-Association-for-Cardiovascular-Prevention-&-Rehabilitation-(EACPR)/European-Association-for-Cardiovascular-Prevention-Rehabilitation)

PUBBLICATIONS AND SCIENTIFIC PRODUCTION

- Adami PE, Squeo MR, Quattrini FM, Di Paolo F, Pisicchio C, Verdile L, Ciardo R, Lemme E, Spataro A, Pelliccia A. Efficacy of a tailored screening protocol for Olympic athletes: a six Olympic Games screening experience. Young Investigator Award Candidate. EUROPREVENT 2015, Lisbon, Portugal.
- Adami PE, Delussu AS, Rodio A, Squeo MR, Corsi L, Quattrini FM, Fattorini L, Bernardi M. Upper limb aerobic training improves aerobic fitness and all-out performance of America's Cup grinders. European Journal of Sports Sciences 2015;15:235-41 DOI: 10.1080/17461391.2014.971878
- Sheikh N, Papadakis M, Ghani S, Zaidi A, Gati S, Adami PE, Carré F, Schnell F, Avila P, Wilson M, McKenna W, Sharma S. Limitations of Current Electrocardiographic Interpretation Recommendations in Young Elite Athletes: a Call for a Paradigm Shift with Focus on African and Afro-Caribbean Ethnicity. Circulation 2014;129:1637-49. Doi: 10.1161/Circulationaha.113.006179
- Di Lieto C, Granata D, Ceroni Compadretti G, Tasca I, Senaldi R, Crisostomi S, Adami PE, Rizzo M, Spataro A. Effect of the new nasal dilator DAN-AIR on nasal breathing and performance in elite rowers. Med Sport 2013;66:351-61.
- Bernardi M, Adami PE, Squeo MR, Corsi L, Lanzano R, Parisi F, Spataro A, Biffi A, Tranquilli C, Pelliccia A. Cardiovascular risk and aerobic fitness in Paralympic Athletes with Locomotor Impairments. 19th International Symposium of Adapted Physical Activity (ISAPA). Bridging the Gaps. 19-23 July 2013, Istanbul, Turkey. Book of Abstract.
- Bernardi M, Squeo MR, Adami PE, Lanzano R, Fattorini L. Upper body high intensity interval training: effects on different components of physical fitness. IV Congresso Annuale della Società

Italiana di Scienze dello sport e dell'Esercizio. Sports Sciences for Health Vol. 8, S1, p. 51-52 - 5-7 October 2012, Palermo, Italy.

- Adami PE, Squeo MR, D'Alessio A, Lanzano R, Maccione G, D'Ettore G, Vullo V, Bernardi M. Cardiovascular protection induced by daily physical activity in HIV+ subjects. XXXII World Congress of Sports Medicine. FIMS 2012, 27-30 September, Rome, Italy.
- Squeo MR, D'Alessio A, Adami PE, Lanzano R, Parisi F, Bernardi M. Aerobic fitness prediction in athletes with a locomotor impairment. XXIII World Congress of Sport Medicine. FIMS 2012, 27-30 September, Rome, Italy.
- Bernardi M, Adami PE, Squeo MR, Carucci S, Guerra E, Spataro A, Biffi A, Tranquilli C, Pelliccia A. Atherosclerotic cardiovascular risk and aerobic fitness in paralympic athletes with locomotor impairments. (2012) Med Sci Sports Exerc. 44(5S) May 959, 2119.
- Furlanello F, Vitali Serdoz L, Adami PE, Botre F, De Ambroggi L, Cappato R. Cardiovascular consequences of prescribed or illicit drugs in competitive athletes. State of the art. ISHNE 2011, 26-28 April, Moscow, Russia.
- Furlanello F, Vitali Serdoz L, Adami PE, De Ambroggi L, Cappato R. La gestione delle bradiaritmie nell'atleta master. Forum di Medicina e Scienze dello Sport, 29-30 April 2011, Montecatini Terme, Italy.
- Bernardi M, Carucci S, Fattorini L, Squeo MR, Lanzano R, Adami PE, Bhambhani Y. Upper Body High Intensity Short Term Interval Training: Effects on Aerobic and Anaerobic Fitness. (2011) Med Sci Sports Exerc. 43(5) May S390, 2165.
- Cooperation in the translation in italian of the ACSM's Guidelines for Exercise Testing and Prescription. 8th edition, American College of Sports Medicine – Lippincott Williams & Wilkins
- Bernardi M, Adami PE, Guerra E, Mandolesi D, Egidi F, Faiola F, Spataro A, Tranquilli C, Biffi A (2010). Atherosclerotic cardiovascular risk in paralympic athletes with locomotor impairments. J Sport Med Phys Fit Vol. 50, S1, N3, p. 29.
- Bernardi M, Carucci S, Adami PE, Squeo M, Loschi S, Egidi F, Marini C, Guerra E. Physical Fitness Evaluation in Winter Sitting Paralympic Athletes. 15th Annual Congress of the European College of Sport Medicine (ECSS). Antalya, Turkey 23-26 June 2010. Book of Abstract (ISBN 978-605-61427-0-3) p.540.
- Bernardi M, Carucci S, Faiola F, Egidi F, Loschi S, Squeo MR, Adami PE. Physical fitness evaluation in paralympic winter athletes: insight for training prescription in ice sledge hockey. Puerto Rico Sport Medicine from exercise for health to sports performance. XXXI FIMS Sports Medicine World Congress. May, 19-22, 2010.
- Bernardi M, Adami PE, Egidi F, Carucci S, Squeo MR, Guerra E, Faiola F, Quattrini FM. Autonomic Dysreflexia and Atrial Fibrillation: Sports Eligibility In an Incomplete Tetraplegic Paralympic Athlete? Puerto Rico Sport Medicine from exercise for health to sports performance. XXXI FIMS Sports Medicine World Congress. May, 19-22, 2010.
- Cooperation in the translation in italian of the Toronto Charter for Physical Activity, GAPA Global Advocacy for Physical Activity, <http://www.globalpa.org.uk/pdf/torontocharter-italian-20may2010.pdf>
- Cooperation in the writing of the 13th Chapter "Preparation for the Paralympic Winter Games: cold, altitude". Handbook of Sports Medicine and Science - The Paralympic Athlete, by Yves C.

Vanlandewijck, Walter R. Thompson and International Olympic Committee Medical Commission. Pages 231-248. Wiley-Blackwell, Chichester, United Kingdom. ISBN: 978-1-4443-3404-3.

treatment of chronic diseases. Clin. Ter. 2010;161(6):537-41. Review. PubMed PMID: 21181084.

PERSONAL SKILLS AND COMPETENCES

Mother tongue Italian, English

Other languages:

Spanish/Castilian

Understanding		Speaking		W r i t i n g
Listening	Reading	Spoken interaction	Spoken production	
B1	B1	B1	B1	B1